



**CHOOSE YOUR FORBS/LEGUMES**

Common Name	Scientific Name	Lbs / acre PLS	Seeds / ft2 PLS	Coefficient of Conservatism	# Seeds / ft <sup>2</sup> @ 1 lb. / ac	% of Mix	Functional Group
	Flowering Period						
<b>Black-eyed Susan</b>	Rudbeckia hirta		2.000	3	33.792	5.00%	Biennial Forb
	Summer, Fall	0.059					
Gray-headed Coneflower	Ratibida pinnata		1.000	4	11.019	2.50%	Perennial Forb
	Summer, Fall	0.091					
Sneezeweed	Helenium autumnale		2.190	5	47.7502	5.48%	Perennial Forb
	Summer, Fall	0.046					
<b>Culver's Root</b>	Veronicastrum virginicum		1.500	6	293.8476	3.75%	Perennial Forb
	Summer	0.0051					
Obedient Plant	Physostegia virginiana		0.100	6	8.0808	0.25%	Perennial Forb
	Summer, Fall	0.012					
<b>Virginia Mountain Mint</b>	Pycnanthemum virginianum		0.300	4	80.8081	0.75%	Perennial Forb
	Summer, Fall	0.0037					
<b>Blue Vervain</b>	Verbena hastata		0.200	4	34.1598	0.50%	Perennial Forb
	Summer, Fall	0.0059					
<b>Cup Plant</b>	Silphium perfoliatum		0.010	2	0.5	0.03%	Perennial Forb
	Summer, Fall	0.019					
Great St. John's Wort	Hypericum ascyron		1.500	6	69.7888	3.75%	Perennial Forb
	Summer	0.021					
Golden Alexander's	Zizia aurea		0.200	7	4.0404	0.50%	Perennial Forb
	Spring, Summer	0.050					
<b>Boneset</b>	Eupatorium perfoliatum		0.300	6	58.7695	0.75%	Perennial Forb
	Summer, Fall	0.0051					
Wild Quinine	Parthenium integrifolium		0.050	9	2.5712	0.13%	Perennial Forb
	Summer, Fall	0.019					
<b>Rattlesnake Master</b>	Eryngium yuccifolium		0.050	7	2.7548	0.13%	Perennial Forb
	Summer, Fall	0.018					
<b>Tall Coreopsis</b>	Coreopsis tripteris		0.050	4	5.1423	0.13%	Perennial Forb
	Summer, Fall	0.0097					
<b>Sweet Coneflower</b>	Rudbeckia subtomentosa		0.300	6	15.7943	0.75%	Perennial Forb
	Summer, Fall	0.019					
Canadian Milkvetch	Astragalus canadensis		0.050	5	6.2443	0.13%	Perennial Forb, Legume
	Summer	0.0080					
<b>Swamp Milkweed</b>	Asclepias incarnata		0.100	4	1.7631	0.25%	Perennial Forb
	Summer	0.057					
<b>Ironweed</b>	Vernonia fasciculata		0.100	4	8.8154	0.25%	Perennial Forb
	Summer, Fall	0.011					



